

Rockville Senior Services

Senior Center Newsletter

Add years to your life

and life to your years!



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程
請打電話: 240-314-8818

November 2007

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Date to Remember:

November 14

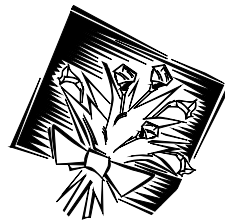
10:00am – 12:00pm

FLU SHOT CLINIC

\$32 for those without Medicare B



August/ September Memorial Fund & RSI Donations



Thank you to the following people who made donations to RSI, the Memorial fund and/or the Endowment Fund:

In Memory of Bettye Doherty
• Marjorie Anne Warner

Forget-Me- Not:



The following members have passed away:

- Robert DeGroot (67)
- Bettye Doherty (81)

New DVDs at the Center



The Holiday
Rocky Balboa

Programs and Events...

November 1 – 1:00pm – 3:00pm **DANCE EXPO** Showcase your talent! Group of 10 or more performers - \$8, Group of 5-9 performers - \$6 and Group less than 4 - \$5 and spectators - \$3. For additional information call Chris Klopfer – 240-314-8822 or Gaile Witte – 240-314-8826. **CANCELED**

November 5 – 10:00am – 11:30am **SCANNERS** A scanner is a hard drive used to input text and/or images into the computer. Learn how to use the flatbed scanner that allows you to place a full piece of paper, book, magazine, photo or any other object onto the scanner and have the capability to scan the object. \$5 members, \$7 residents and \$10 for nonresidents. **REGISTER ACTIVITY #23098.**

November 5 – 12:30pm Come cheer on the Rockville Senior Center dance group “**The New Attitudes**” as they perform at The Bauer Center. Address: 14625 Bauer Drive, Rockville 20853.

November 5 & 7 – 1:00pm – 3:00pm **WORD PERFECT** Learn the advantages of Word Perfect. Create labels, letterhead, business cards, mail merge, posters and a few surprises. Class meets two 2-hour sessions. Note: \$5 materials fee payable to instructor at class. \$20 members, \$25 residents and \$30 for nonresidents. **REGISTER ACTIVITY #22977.**

November 6 – 10:00am – 12:00pm **WRITING AN ETHICAL WILL** A way to pass on to our families and other loved ones our most treasured part of life – the values we believe in and live by. Ethical Wills are the stories of our beliefs and understandings. Come to this workshop to begin thinking about how to write your own personal Ethical Will. The next generation of your family will cherish this most precious of gifts. Free. **REGISTER ACTIVITY #23045.**

November 6 – 10:00am – 2:00pm **KEYBOARD & MOUSE** If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions that are essential for all future classes. This class includes a one-hour break for lunch. Free for members and residents and \$3 for nonresidents. **REGISTER ACTIVITY #22916.**

Add years to your life....and life to your years!

Programs and Events...

November 7 – 10:00am – 12:00pm **CLARIFY COMPUTER CONCEPTS** Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer. \$5 members, \$7 residents and \$10 for nonresidents. **REGISTER ACTIVITY #22913.**

November 7 – 1:00pm – 2:00pm **RESPONSIBLE USE OF MEDICATIONS** Deena Speights-Napata, Associate Maryland Director for AARP, will discuss the responsible use of medications by seniors. She will also have information on the costs of different prescription drugs and will review how to complete the medication record in the 'Medicine's Made Easy' publication. Free. **REGISTER ACTIVITY #23055.**

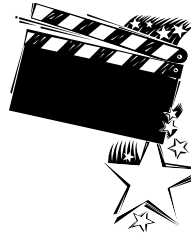
November 7 – 1:30pm – 3:00pm **BIRTHDAY AND ANNIVERSARY PARTY** Sponsored by Suburban Federal Savings Bank and Doris Reiland. Entertainment by Good Queen Bess. Free for members/residents and \$2 for nonresidents. **REGISTER ACTIVITY #22626.**

November 8 – 10:00 am – 12 noon **COLLECT, SAVE & PLAY MUSIC ON YOUR PC** Do you enjoy listening to music? You can listen to music on your PC. Learn how to collect, save and play music. Using Media Player you can do all of these and more. Explore where to go on the Internet to find your favorite music. Free. Call 240-314-8810 to register.

November 8 – 12:30pm – 4:00pm **TO MOVE OR TO STAY?** Are you considering giving up your home? Should you adapt your home to meet your needs? What choice is right for you? Outstanding speakers plus refreshments. Free. **TO REGISTER CALL 888-576-7947** or pick up a registration form at the senior center.

November 8 – **MY FAIR LADY TRIP** for those with confirmed registrations.

At the Movies in November...



November 1 & 2 at 1:00 p.m.

Catch and Release (PG-13)

After the death of her fiancé, Gray moves in with her late love's best friends. While Sam and Dennis do their best to cheer Gray up, Fritz doesn't seem to care. Once Gray breaks through Fritz's defenses, however, she finally sees why her fiancé thought so highly of him. As they spend more time together, Gray learns that her chances for love have not died out with her fiancé. But when some surprise guests show up on their doorstep, it'll take the love of all of her new friends to help Gray learn that life may be messy, but love is messier.

November 28 & 29 at 1:00 p.m.

Music and Lyrics (PG-13)

First you're hot, then you're not...and then you're Alex Fletcher. So when the sizzlingest tween queen on the charts asks the has-been '80s pop sensation to write her a song, he grabs for another chance at stardom. Problem: Alex can say it with music, but he sure can't say it with words. Enter Sophie Fisher, his beguiling if quirky plant lady, who has an unexpected green thumb for lyrics. Together, they go after songwriting success – and discover that if you want to write the perfect love song, it helps to fall in love.



BINGO:

- Cashier - Wednesday evenings from 6:30 - 10:00 p.m.
- Kitchen Help - Wednesday evenings from 6:00 - 9:00 p.m.

THRIFT SHOP

- Cashier - Tuesdays 10-2

COMPUTER LAB:

- Instructors - flexible schedule

COOKBOOK SALES:

- Various events and times

RAFFLE TICKET SALES:

- Various events and times

Call 240-314-8800 if interested in any of these positions or e-mail Livia Laffey, Volunteer Coordinator at jjllt@verizon.net.

Programs and Events...

November 13 & 15 – 10:30am – 12:00pm **WORD PROCESSING** Students should be familiar with the keyboard and mouse. This class offers a hands-on introduction to word processing. Continued learning and practice takes place on Friday mornings from 10:30am – 12:00pm. \$5 members, \$7 residents and \$10 for nonresidents. **REGISTER ACTIVITY #22920.**

November 14 – 10:00am – 12:00pm **FLU SHOT CLINIC** \$32 for those without Medicare Part B insurance.

November 14 – 10:30am – 11:30am **GOLD MINE HISTORY** We are so fortunate to live in Montgomery County with its rich history. Come welcome Walter Goetz from the Montgomery County Historical Society as he discusses our goldmine history. You may be surprised just how close you are to the riches! \$2 members, \$3 residents and \$4 for nonresidents. **REGISTER ACTIVITY #22998.**

November 14 – 2:00pm – 3:00pm **JEFFERSON CAFÉ** Reality TV in America. Free for members and residents and \$2 for nonresidents. **REGISTER ACTIVITY #23049.**

November 15 – 10:00am – 12:00pm **SENIOR CITIZENS COMMISSION MEETING** Everyone welcome to attend.

November 15 – **YOUNG IN HEART & TRIPLE F CLUB THANKSGIVING LUNCHEON** in the Carnation room for those with reservations.

November 15 – 1:00pm – 2:00pm **AVOIDING SKIN CANCER AND WRINKLES** Geeta Shah, Dermatologist, will discuss skin cancer and wrinkle prevention. Years of exposure to the sun can cause a variety of lesions and skin conditions. Learn how to recognize and treat them. Understand the importance of yearly skin checks and find out about products that contribute to good skin care. Free. **REGISTER ACTIVITY #23021.**

Programs and Events...

November 19, 21 & 26 – 10:00am – 12:00pm MICROSOFT EXCEL Learn how to enter data, create a basic worksheet from worksheet data, and design, develop, format and manipulate spreadsheets with MS Excel. Prerequisite: Computer Essentials. Class meets three 1-hour sessions. Note: \$5 manual fee payable to instructor at class. \$20 members, \$25 residents and \$30 for nonresidents. REGISTER ACTIVITY #22957.

November 20 – 1:00pm – 3:00pm RSI BOARD MEETING Everyone welcome to attend.

November 28 – ROCKIN' RED HAT TRIP to Oatlands Mansion, Leesburg, VA for those with confirmed reservations.

November 28 & December 5 – 1:00pm – 3:00pm DRAWING USING WORD & PAINT This class will introduce you to drawing features in MS Word in the Windows Paint program. Elementary manipulation of pictures and text in documents will be presented. \$5 members, \$7 residents and \$10 for nonresidents. REGISTER ACTIVITY #23017.

December 6 – 1:00pm – 2:30pm. Register **now** for our LINE DANCE SOCIAL on Polish your cowboy boots and get ready to have a rip roarin', foot stompin', good-ole time. No previous experience or partner is necessary. Instructions will be given. Come and enjoy light refreshments and have a great time dancing. \$4 members, \$5 residents and \$6 for nonresidents. REGISTER ACTIVITY #22868.

Wii is finally here at the Rockville Senior Center!! This new video game is sweeping the nation and it's not just for kids! Wii is designed to have players physically moving while playing games such as bowling, golf, baseball and tennis. It is great exercise and lots of fun too! Many of the senior centers in our area have formed bowling and tennis teams and are holding tournaments. Let's join them! If you are interested in trying this exciting new game and forming a team, call Chris Klopfer at 240-314-8822.

For Sale...



Blue fabric recliner – like new – \$75.00. 3 bar stools – white wood – 24” high – good condition – \$12.00 each. Call 301-340-3068.

Jewelry armoire – light oak – 31 ½ “ H, 12 ½” D, 15” W – \$45.00. Call 301-762-5243.

Black – 42 long tuxedo. \$75.00 – call 301-469-7063.

Cemetery Lots – beautiful local Parklawn Cemetery – Garden of Eternal Life. Perpetual care included. 1-3 lots available. \$2,200 each or best offer. Call 301-545-0954.

Sears Microwave oven 900W rotating table, adjustable power, etc., larger size, works well – \$15. Call 301-217-9533

To place a For Sale message, please call 240-314-8800. No fee for members. Non-members \$5.00 for two months.



FREE SENIOR CITIZEN TRANSPORTATION FOR ELECTIONS

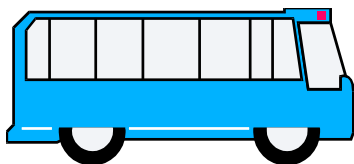
TUESDAY, NOVEMBER 7, 2006

Bethany House	8:45 a.m. & 1:30 p.m.
Congressional	8:45 a.m. & 1:30 p.m.
Ring House	9:30 a.m. & 2:15 p.m.
Town Center	11:00 a.m. & 3:45 p.m.
Americanas	11:00 a.m. & 3:45 p.m.
Heritage House	12:00 p.m. & 4:45 p.m.

All times are approximate

Senior citizens living in private homes
requiring transportation to the polls
may phone the Senior Services
Office at 240-314-8810
to reserve a seat on the bus.

Please phone us no later than
Wednesday, November 1, 2006.



Center News...

Sign Up Now to Help with the RSI Holiday Bazaar on Saturday, December 1st! Morning and Afternoon Shifts are available. If you are interested in helping out, please leave your name for Betty Ball or Livia Laffey in the center office.

We will **not** be accepting any donations in the Thrift Shop for the Holiday Bazaar after November 23, 2007.

We had some excitement on September 25th at the Center when we thought we had found **bear tracks** on our bocce court. When the Bocce Club players went out to play, they found the court was filled with what looked like bear prints. Pictures were taken, but after they were enlarged and the security videotape was examined we determined that the prints were made by a young boy walking back and forth on the bocce court over the weekend!

Thank you to the **Hispanic group** for a donation of \$257 to the Senior Assistance fund. Their very successful raffle held before and during the Hispanic celebration will go a long way towards helping seniors join the senior center, take classes and go on trips. If you would like to donate to this very worthwhile program, please see Lorraine in the transportation office or call her at 240-314-8812.



The entire staff at the Rockville Senior Center, and the Sports and Fitness Division in particular, would like to send out a heart felt **THANK YOU!!! to Rinn Shinn** for his many years as our dedicated fitness room volunteer. Rinn has monitored the fitness room for more than 5 years and has also volunteered to teach intermediate table tennis. In addition, he assisted the sports and fitness division with bi-annual testing for our members. Although Rinn has decided to retire as fitness room monitor, we are very fortunate to have him continue to teach table tennis, serve on the RSI Board and see his smiling face regularly throughout the center.

Senior Commission News...

This past spring the National Research Center conducted a survey to assess the needs and perspectives of Rockville's growing population of older adults. The purpose of the assessment was to give citizens ages 60 and older the opportunity to provide feedback on current programs and services as well as current future needs, and to evaluate the overall satisfaction with the City's senior citizen services. The survey was mailed to 1,200 randomly selected Rockville households that were preselected as having a high probability of containing one or more residents over sixty years of age. A 43% response rate was received. The survey report enables the City to understand more accurately and plan for the services and resources required to serve an increasingly aging population.

Highlights include:

- **Quality of Life and Community:** In general older adult residents perceived the overall quality of life in Rockville to be above the "good" range. Residents gave Rockville lower ratings as a place to retire, with female respondents and those who live alone giving higher ratings than did males or those who live with others. The variety of appropriate housing options and access to affordable housing received low ratings. Access to affordable housing was rated below "fair".
- **Transportation:** Most respondents reported few if any transportation problems or concerns.
- **Rockville Senior Center Use:** Approximately 20% of respondents reported participating in activities at the Center in the last twelve months.
- **In-Home Services:** Respondents were asked how likely or unlikely they would be to pay for in-home support services if they were available and affordable. Interest was expressed by 68% of respondents. More residents age 60 – 74 said they would pay for services such as home maintenance, snow removal and mowing the lawn than would older residents.
- **Problems Expected in Retirement:** A majority of residents felt that their physical health and their capability to maintain their home would be either a "major" or "minor" problem in retirement.

At the end of the survey, respondents were asked to identify the single most important issue facing older adults. About 20% identified affordable housing/assisted living as the key issue. High taxes and/or property taxes were singled out by 14% of respondents. Others identified affordable/accessible health care and accessible transportation as the most important issue on which the City should focus.

Now that the results have been reported, several key themes emerged that the Senior Citizens Commission and staff are going to focus on:

- Rockville as a place to retire
- Access to affordable housing
- Senior Center use
- In-home support services
- Home maintenance
- Access to physical and mental health services
- Employment opportunities

If you would like to see a complete copy of the report or to help in any of the above areas, please see Lorraine Schack or call 240-314-8812.

RSI Reports...

The meeting of the Rockville Seniors Inc. was held on Tuesday, August 21, 2007, at the Rockville Senior Center. A photograph of the board members was taken at 1:00 p.m. The meeting was called to order by Chairman George Galasso at 1:10 p.m. followed by a moment of silent prayer.

A motion to approve the July minutes with revisions was made by Kathy Neale and seconded by Mary Barber. Motion carried. George Galasso asked that all board members read the minutes as quickly as possible after receiving them so that the meeting is still fresh in their minds.

TREASURER'S REPORT: Report for the month of July was presented by Betty Hughes. Mary Barber made a motion to approve the treasurer's report and Betty Ball seconded the motion. Motion carried.

STANDING COMMITTEES:

- A. **Budget:** The approved budget for FY08 was handed out to the board members.
- B. **Ways & Means:** No report.
- C. **Bingo:** We had one holiday in July and we have given out a lot of money to winners.
- D. **Correspondence/Memorial:** Betty Ball submitted her resignation as Correspondence/Memorial Secretary to take on the position of Ways and Means Chair. Betty Briscoe will take on the responsibilities of Correspondence/Memorial Secretary.

E. **Gift Shop:** In the month of July the Gift Shop made \$1,045.56. The consignors were paid \$349.31. RSI netted \$626.89.

F. **Thrift Shop:** The Thrift Shop netted \$878.44 for the month of July.

G. **Publicity:** No report.

H. **Senior Citizens Commission:** Commission Member Katherine Foti reported her Health Advocate Program in the August Senior Center Newsletter received about 10 calls inquiring help with legal, transportation, housekeeping assistance and health care issues. The Candidate's Forum Committee is working on questions for the Candidates Forum scheduled for October 25, 2007 and Commission members and the RSI Board were asked for their input on questions for the candidates and if they would be available to volunteer their services on that date. There was discussion on how best to get information to Rockville's seniors. It was noted that a marketing program is needed. Also it was suggested we place brochures and Senior Center Newsletters in libraries. The Commission decided that the Gazette would be the ideal location for more news and informational articles as most seniors read this paper. The possibility of having a weekly or monthly corner in the paper to post items was discussed.

Lorraine said the results of the Needs Assessment Survey will be presented to Mayor and Council on September 17th. It was noted that affordable housing appeared to be the top priority for respondents with health care and transportation concerns following closely. It was suggested the Commission host light refreshments prior to the Council meeting to give the Commission higher

visibility. Lorraine said the second annual Aging in Place Program will be entitled "To Move or to Stay – How to Choose". The first part would be held at Holiday Park Senior Center on October 11. The second part will be held November 8th at the Rockville Senior Center and will involve elements that go in to making the decision to stay in your home or move.

I. **Hispanic Services Report/Asian Services Report:** Rinn Shinn has been analyzing the demographics of the Asian Pacific and Hispanic population at the Senior Center. It appears there are 116 Chinese, 20 Korean, 7 Iranians, 6 Indian, 3 Vietnamese, 1 Japanese and 85 Hispanic (non specified). RSI was interested in how the population at the Senior Center compares to that of the City and see who we need to target for future members. Lorraine Schack let the board know that we will have a Korean-speaking intern developing a questionnaire to encourage more participation from Koreans.

OLD BUSINESS:

Goals & Accomplishments for City Clerk: We need to decide on goals for FY08. The Board decided outreach should be the major goal. We could work on getting more corporate donations, work on the steering committee for the planning and design of the extension, investigate how to increase the number of volunteers and how to increase revenue. We could outline our goals and form subcommittees so that other members could help. This information is due before the next board meeting. If you think of any other goals please contact Jill, George or Rusty.

...Continued on Page 9

RSI Reports...

Jill asked Burt Hall about the decision on room naming rights. Burt apologized for not getting back to the board and indicated he would get back to us soon.

There was a discussion about why the newsletter title was changed from Rockville Senior Center to Rockville Senior Services. Jill explained the division is called Senior Services and all four supervisors fall under this category. The name of the Rockville Senior Center has not changed. The Senior Services Long Range Task Force recommended that we more broadly market all the services that are offered to seniors and expand the emphasis from just the Center. As a result, in December 2006 the title on the newsletter was changed and a paragraph explaining the change was put under Center News in that issue. The Senior Center is only one of the many services that are offered to seniors by this division, however, it is the focal point where the services are primarily offered (although this is expected to change as more community outreach occurs). The board felt that the name change for the newsletter was not necessary and asked that Jill speak with the staff about changing it back.

Betty Briscoe requested George ask the Board to consider a proposal to clarify the name of the Yard Sale/Spring Bazaar. She said some were confused whether the spring event was a bazaar or a yard sale while the December event had always been called the Holiday Bazaar. Kathy Neale made a motion keep the names as Spring Bazaar and

Holiday Bazaar. Betty Ball seconded the motion. Motion carried.

There was discussion regarding changing the date of the Spring Bazaar from the 3rd Saturday in May to the 1st Saturday in May due to crafters requests that they miss out on sales for Mother's Day, graduations and weddings. Melissa will check the schedule to see if this is possible and Jill will notify the Board.

The results of the Older Adults Needs Assessments study will be in the November newsletter. The board is invited to the presentation to the Mayor and Council on September 17. There will be refreshments before the presentation by a consultant.

NEW BUSINESS:

Lorraine Schack asked if RSI would purchase books for the English Classes. She would charge the students a portion of each book and return the money to RSI. Betty Hughes made a motion to give Social Services \$2,000.00 to purchase books for the English Classes. Lois Brown seconded the motion. Lorraine handed out flyers for the Supper Club Picnic on September 4.

The Board inquired as to the process to alert people their membership has expired. Jill explained renewal letters are sent out 6 to 8 weeks before a member needs to renew. Occasionally letters are sent out to members who have not renewed in the past year to invite them back. We have a 68% renewal rate. Approximately 350 new members join each year and 350 do not renew.

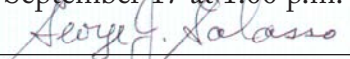
George asked if an inventory is being kept for the cookbooks. The cookbooks are kept in a locked closet in the Dining Room except for a few in Jill's office and in the Gift Shop. We don't keep an inventory of remaining cookbooks.

A member asked if we could publish the ballot for the RSI Board of Elections in the newsletter. This way people who do not attend the Volunteer Party can vote by proxy. We would have members sign their name if they vote by proxy to avoid duplication. We already allow proxy voting. It was agreed that we would try this for the next election.

STAFF REPORT: We are still working on the expansion for the parking lot. There will be a public open house to review the proposal on September 27 at 7:00 p.m. at the Senior Center. The proposal would then go to the Planning Commission in late October.

The City is conducting a Parks and Recreation Open Space plan over the next 12 months. The purpose of the plan is to determine how parks and recreation services should be provided for the next decade. It is being prepared by consultants who will look at the types of programs, parks and facilities we offer and determine if we need to make changes or updates. RSI will be part of a focus group or invited to an open house. There will another city survey but by telephone in 5 languages.

The meeting was adjourned at 3:10 p.m. The next meeting is Monday, September 17 at 1:00 p.m.


RSI Chairman and President

Wellness Matters...Adverse Drug Reactions

Of all the problems that older adults face when taking medication, adverse drug reactions are probably the most dangerous. Older adults tend to be more sensitive to drugs than younger adults because of their generally slower metabolism and organ function. As people age, many lose muscle tissue and their digestive systems, liver and kidney functions slow down. All this affects how a drug will be absorbed into the bloodstream, how it will react in the organs, and how quickly it can be eliminated. In addition, drug reactions are sometimes misdiagnosed in older adults because they may mimic symptoms of other problems or of an existing medical condition or are attributed to “normal” signs of aging.

There are many physical signs that may be attributed to an adverse drug reaction. These include: fatigue, constipation or diarrhea, confusion, coughing, incontinence, frequent falls, depression, weakness or tremors, excess drowsiness or dizziness, agitation or anxiety, blurred vision, upset stomach, ringing in the ears, swollen lips, sweating or rashes. If a problem develops shortly after a person begins taking the medication alert a physician immediately. Sometimes it takes time for the adverse reaction to occur; making it less likely the problem will be associated with the medication.

There are several kinds of adverse medication reactions: Side effects are unpleasant reactions to a medication. All new prescriptions should come with the list of possible side effects and you should read them before taking the drug. This summer, member Marian Seim had an adverse reaction to a new drug but she had thrown away the list of reactions. It is important to keep this information until you are sure that you can tolerate the drug. Some individuals have a severe allergic reaction to a medication and these can be life-threatening. Medication reactions can occur when two or more prescription or herbal supplements mix in a person's body and cause an adverse reaction. Medication-food interactions can be serious. Also, be sure to find out from your pharmacist whether the medication should be taken on a full or empty stomach. Overmedication can sometimes occur when the full adult dose is too much for an older adult. In addition, be sure to read the directions on the prescription. Member Ann Maslar found she was having adverse reactions to her medication because she had not been taking them according to the schedule prescribed.

It is important to tell your doctor about all the medication you are taking. If you have several doctors ask one doctor such as your internist or general practitioner to coordinate your drugs. In fact, Dr. Barbara Blaylock recommended in her recent lecture at the Senior Center that you take all your medication bottles with you to an appointment so your doctor can see exactly what you are taking.

Submitted by Mary Fleisher, Wellness Coordinator

Add years to your life....and life to your years!

HeartWell Tip of the Month



Are You Really Choosing
Whole Grains?

Whole grains are an important source of nutrients and fiber. They consist of the whole grain seed which is made of three components-the bran, the germ, and the endosperm. If this kernel is cracked, crushed, or flaked, it must retain the same relative proportions as the original grain to be called whole-grain. In refined grains, most of the bran and some of the germ is removed.

Labeling can be misleading to consumers and that is why it is very important to read them carefully. Choose foods that name one of the following whole-grain ingredients **FIRST** on the list: “brown or wild rice,” “bulgur,” “graham flour,” “whole rye,” “whole oats,” “whole wheat,” or “whole grain flour,” “quinoa,” or “millet.” Be wary of foods labeled “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” “bran,” or “wheat flour.” They are usually **NOT** whole-grain products.

Color is not an indication of a whole grain because of the addition of molasses or other added nutrients. Popcorn is a whole grain and eaten without salt or butter is a very healthy snack.

Submitted by Ronnie Kidd, RN

November 2007

Carnation Supper Club...

Please call 240-314-8810 for reservations!

Join us on Tuesday evenings at 5:00 p.m. for dinner, socializing, and entertainment. Transportation is provided. Please call before noon on Fridays to make a reservation. The price for each dinner with entertainment is \$7.00.

Unfortunately we do not have the Supper Club menu for November. Please call the reservations line at the beginning of the month to find out the menu.

Entertainment:

November 6 - NO SUPPER CLUB due to elections

November 13 - Luisa Sleeman

November 20 - Jim Horan - Karaoke

November 27 - HOLIDAY DINNER - Carnation Players and Andrew Zatman on piano

Baked Sweet Potato Wedges

(American Cancer Society)



Ingredients:

Cooking Spray

4 large sweet potatoes, scrubbed, eyes removed, cut lengthwise into $\frac{3}{4}$ " wedges

1 tsp. paprika

1 tbs. brown sugar

1 tsp. garlic salt

1 tsp. cinnamon

Dash of cayenne pepper (optional)

Directions:

Preheat oven to 400°F.

Lightly spray nonstick baking dish or cast-iron skillet with cooking spray. Spray potato wedges with cooking spray and toss together with all spices in a bowl.

Place potatoes in a single layer in the baking dish or skillet. Bake for 20 minutes. Turn over and bake additional 20 minutes.

Serves 8. Approximate per serving: 125 calories; 0 grams fat.



Congratulations to Angie!

The Hispanic Group threw a surprise baby shower for Angie complete with lots of wonderful pink gifts....yes Angie is having a girl!



HOLIDAY BAZAAR

Saturday, December 1
9:00 a.m. - 2:00 p.m.

HANDMADE ARTS &
CRAFT SALE

RAFFLE

GIFT SHOP &
THRIFT SHOP

HOMEMADE FOOD

AT THE CARNATION CAFÉ

INDOOR YARD SALE

COMPUTER SALE

PLANT SALE

City residents call
240-314-8810 for transportation.



SNOW REMOVAL ASSISTANCE FOR HOMEOWNERS

If you are a senior citizen or a disabled resident requiring assistance with snow or ice removal, please call Rockville Senior Services at 240-314-8810.

ENERGY ASSISTANCE PROGRAM

The Maryland Assistance Program (MEAP) provides financial help to eligible households to offset the rising cost of home heating energy that is excessive in relation to family income. The following is a schedule of acceptable income levels for the program:

Household Size

One person

Two persons

Gross Monthly Income

\$1,196

\$1,604

For an application, call the MEAP OFFICE at 240-777-4450



WEATHER CLOSING POLICY



	<u>When Schools Are Closed</u>	<u>When Schools Open Late</u>
Shopping Transportation	Emergency Trips Only	On Schedule
Senior Center Transportation	Cancelled	On Schedule
Senior Center Programs	All Progs Cancelled	No Morning Programs
Senior Clubs, Meetings, Trips, luncheons	Cancelled	Cancelled
Nutrition	Cancelled	Cancelled
Carnation Supper Club	Cancelled	On Schedule
Bingo	Cancelled	On Schedule

WHEN SCHOOLS CLOSE EARLY FOR INCLEMENT
WEATHER CARNATION SUPPER CLUB AND BINGO ARE
CANCELLED.

Wootton High School Center for the Arts Presents



Friday November 2 and Saturday November 3 at 7:30 pm
Saturday November 3 and Sunday November 4 at 2:00 pm

Wootton High School Center for the Arts is thrilled to present HONK!, the musical retelling of Hans Christian Anderson's classic story "The Ugly Duckling." The musical, written by British songwriting duo George Stiles and Anthony Drewe, has humor, antics, a variety of colorful characters, and a rich score comprised of catchy, quirky songs with clever lyrics. Audiences of all ages will enjoy the witty and moving tale of Ugly, a young duckling whose gawky, unconventional looks incite prejudice from his family and neighbors from the day he hatches. Ugly is able to endure only so much humiliation before he laments his fate of being different and leaves his family. When Ugly finds himself far from home and pursued by the hungry Cat, a rollicking and harrowing journey ensues, leading him to discover love, acceptance, and his own inner beauty.

HONK! is as much about people as it is about ducks. With an overriding theme of compassion and understanding, the musical suggests that our differences not only should be accepted, but diversity should be welcomed, embraced and celebrated. Directed by Ms. Carla Ingram, Wootton's production features the talents of Keith Schwartz as Ugly, Rachel Lipman as Ida (Ugly's mother), Max Swider as The Cat, Katina Kempel as Maureen, Jonathan Helwig as Drake (Ugly's father), Jordan Smilan-Goldstein as Queenie, Stephanie Helwig as Lowbutt, Spencer Wight as Greylag, Liz Weiss as Dot, Jenay McNeil as The Bullfrog, and Carly Benjamin as Penny. The leads are well supported by a talented cast of nineteen additional students. Students and staff from the Wootton Cluster will provide top-notch, live musical accompaniment.

Tickets are \$5 for students, \$10 for adults (general admission only) and can be purchased from the Wootton Box Office October 29-November 1 from 3-6 pm, and two hours before show times on performance days. For more information, please call 301-279-8581. Wootton High School is located at 2100 Wootton Pkwy., Rockville, MD 20850.

November 2007

Add years to your life....and life to your years!

Holiday Schedule & Closings

Tuesday, November 6:

Election Day

The Center will be operating on a regular schedule. There will be no Supper Club, however, because we are a polling site.

Monday, November 12:

Veteran's Day

The Center will be open for drop-in use only. The Fitness Room will be open. There will be no lunch, no transportation and no scheduled programs.

Thursday, November 22:

Thanksgiving Day

The center will be CLOSED.

Friday, November 23:

Day After Thanksgiving

The Center will be open for drop-in use only. The Fitness Room will be open. There will be no lunch, no transportation and no scheduled programs.

**Monday, December 24, 2007 through
Tuesday January 1, 2008**

The Center will be CLOSED for maintenance and repairs. The Center will close at 2:00 p.m. on December 24 and re-open at 8:30 a.m. on January 2, 2008. Fitness Club members may use the fitness centers at Twinbrook Community Recreation Center and Lincoln Park Community Center.

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Home Improvements Available To Seniors!

City-Sponsored Program
Designed To Assist Low and/or
Fixed Income City Residents

Examples Of Improvements:

- Roof Replacement
- Windows & Doors Upgraded
- Furnace & Water Heater Change-Out
- Kitchen & Bath Remodeling
- Vinyl Siding Installation
- Plumbing Repairs
- Electrical Upgrades

You may be eligible for this program!
For more information, please contact:
Tom Howley (240) 314-8208



Ask the Outreach Worker...

Q: My home keeps getting more and more cluttered. I don't understand why I can't keep up with this growing problem. Any advice?

A: The following information from the Montgomery County Senior Information office may be just what you need:

Living with Clutter vs. Hoarding: It's a Matter of Degree

Many of us like to collect things. Problems arise when we collect so much that storage places become full and "stuff" spills into living space not intended for storage. Clutter may leave little room on the dining room table for eating or on the bed for sleeping. Older adults are particularly vulnerable to living with unmanageable amounts of stuff. Removing things like piles of newspaper can become physically difficult, and it can be hard to let go of things that bring back memories or that provide a feeling of security.

The results of collecting too much can be serious. Cluttered homes can be dangerous. Since paper feeds fires, the potential for fire increases with each stack of old newspapers. Also, clutter can cause someone to trip or fall. As this kind of hoarding poses a risk to the resident's own health and safety, seeking help is especially urgent. Other advice that can help make change in the cluttered home:

- Ask for help from a professional organizer or therapist.
- Envision the feeling of having a home that is a joy to come home to.
- Develop a plan to make the home more functional and safe.
- Work on one area at a time.
- Instead of holding onto things for the memories they inspire, take pictures of them and place the photos in a scrapbook.
- Ask for help from a professional organizer or therapist. Feel free to call me for names and phone numbers.
- Be patient. Take small steps.

Submitted by: Martha McClelland

Fitness and Wellness: Working Hand in Hand for a Healthier You!

FITNESS

EXERCISE MACHINE TRAINING:

You can register via the Recreation Guide. You will be called for an appointment time.

FITNESS CLASSES:

We offer a wide variety of fitness classes. We have something for everyone. See the Recreation Guide for class descriptions, dates and times.

FITNESS CLUB ROOM HOURS:

Mon.-Fri. – 8:30-4:50; Sat. 8:30 – 12:50pm
Membership is available by taking Exercise Machine Training.

See Recreation Guide for more information.

GAME ROOM:

Table tennis, pool tables and a dart board are available for play Monday through Saturday.

PERSONAL TRAINER:

Receive one on one training with our Certified Personal Trainer. See the recreation guide for more information.

TONING TABLE TRAINING:

Register via the recreation guide. You will be called for an appointment.



November 2007

SPORTS LEAGUES:

Join one of our many fun sports teams. See the recreation guide for league descriptions, dates and times.

WELLNESS

HEALTH INFORMATION LIBRARY:

Websites, journals, flyers and resource materials available

AAA ROADWISE REVIEW: A TOOL TO HELP SENIORS DRIVE LONGER

BLOOD PRESSURE SCREENINGS:

Every Monday from 10am-12pm

BODY FAT COMPOSITION ANALYSIS:

Thursdays 10am-12pm

HEALTH INSURANCE COUNSELING: 11/14

HEARTWELL NURSE: Mon. Wed. & Fri, 9:30am-2:30pm. Call 301-610-0143 for an appointment or drop in to see our nurse, Ronnie Kidd.

LOAN CLOSET: Medical equipment for short term loan-
Call 240-314-8803

MOBILE MEDICAL CLINIC: for individuals without medical insurance First and Third Tuesday 11/6 12:30 p.m. - 3:00 p.m. and 11/20 12:30 p.m. - 5:00 p.m.



Add years to your life....and life to your years!

Rockville Senior Center Newsletter • 15



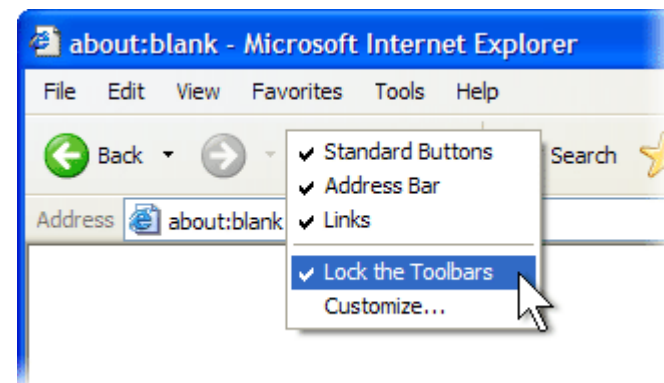
Unlock toolbars to work with them

What is a toolbar?

A toolbar is a collection of buttons or icons—usually displayed across the top of the screen—that represents the different tasks you can do within a program. For example, in Microsoft Internet Explorer, there is a toolbar for the standard Internet Explorer command buttons, one for entering an Internet address, and one for quick links you can set up. When you open a toolbar, it will appear in a particular spot on the screen. If you want to change the location of the toolbar you can move it by dragging it to the new location. You can also resize the toolbar by dragging its edge. If you find a toolbar that cannot be moved or resized, the toolbar may be locked.

To unlock a toolbar:

1. Make sure you have only one window open for the program. (You can look at the taskbar at the bottom of your screen to verify this.) Then, right-click the toolbar.
2. If Lock the Toolbars appears on the shortcut menu and is selected (a check mark appears to the left of it), click Lock the Toolbars to unlock the toolbar. If you see Lock the Toolbars, but no check mark appears to the left of it, the toolbar is already unlocked. Note: If Lock the Toolbars does not appear on the shortcut menu, you may not be able to move or resize the toolbar.



If you are able to move the toolbar, once you've moved the toolbar to the location where you want it, select Lock the Toolbars so that it isn't inadvertently moved. To make sure the change is permanent, lock the toolbar, exit the program, and then reopen it. The toolbar should be locked.

Beginners Introduction to Computers

If you are new to the world of computers or have very little computer experience, learn very basic skills in small classes at a pace to build confidence and encourage further learning. Keyboard and Mouse classes are taught monthly, usually on the second Tuesday. Beginners Word Processing is also taught monthly, on the third Tuesday and Thursday. Stop by the computer lab for more information. Registration is required. Beginners Practice Lab is held every Friday morning from 9:30 - 11:30 a.m. on a drop-in basis. This is a great opportunity to ask questions and practice your new skills!

Programs and Services...

OUTREACH AND SERVICES

Advance Directives – A Guide to Maryland Law on Health Care Decisions
Forms and information are available in the Transportation office and in Outreach services.

Applications – Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

Assistive Listening Devices – If you need help hearing a speaker or a program, ask any staff person for assistance.

Companion Animals – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

File of Life – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

Financial Assistance – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

Health Insurance Counseling – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

Home Repair, Maintenance and Modification – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

Grandparents Raising Grandchildren Support Group – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

Shopping: November 13, 2007 – Lakeforest Mall

Information and Assistance – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

Legal Assistance – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

Loan Closet – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

Notary Services – No charge. Call 240-314-8810 or see Bette in the transportation office.

TRANSPORTATION (applications are available in the Transportation office)

Accessible Parking Applications – For motorists with disabilities, applications for parking placards and license plates are available.

Call’N Ride – Taxi coupons valued at \$34.00 may be purchased each month at a reduced rate based on income and family size.

City of Rockville buses – Door to door bus service is available to the Rockville Senior Center, shopping, club meetings and special trips. Reservations are required.

Metro Access – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

Metro Applications for Senior Citizen Reduced Fare Program – ID cards are necessary for discounted Metrobus and Metrorail fares.

Metro Fare Cards – Discount fare cards are available for purchase. Minimum age 65.

Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is \$6.13.

For persons age 60 and over and spouse of any age, a voluntary contribution is requested.

**Have questions about diet
and nutrition?
Call the Senior Nutrition Hotline at
240-777-1100
Wednesdays from 9-11 am**

<p>Have questions about diet and nutrition? Call the Senior Nutrition Hotline at 240-777-1100 Wednesdays from 9-11 am</p>			<p>Thursday, Nov. 1 Baked Scrod Parslied Potatoes Beets Tossed Salad Whole Wheat Bread Fruited Gelatin</p>	<p>Friday, Nov. 2 Beef Tips Mashed Potatoes/Gravy Broccoli Tossed Salad Pumpnickel Bread Pears</p>
<p>Monday, Nov. 5 Turkey Tetrzzini Zucchini Romaine Orange Salad Whole Wheat Bread Pear Crisp</p>	<p>Tuesday, Nov. 6 Salmon Patties Brown Rice Pilaf Broccoli Three Bean Salad WW Bread Mixed Fruit</p>	<p>Wednesday, Nov. 7 Vegetable Soup Hamburger on Bun Lettuce Tomato Peppers Fresh Fruit</p>	<p>Thursday, Nov. 8 Chicken Ctry Captain Brown Rice Peas and Carrots Cole Slaw Fr. Bread Fruited Gelatin</p>	<p>Friday, Nov. 9 Lasagna Rollups with Red Sauce Tossed Salad Whole Wheat Bread Fresh Orange</p>
<p>Monday, Nov. 12 Spinach Brown Rice Cheese Casserole Tossed Salad w/ Peppers/Chick Peas Whole Wheat Bread Applesauce</p>	<p>Tuesday, Nov. 13 Orange Juice Roast Beef/Gravy Mashed Potatoes Carrots Whole Wheat Bread Fruited Gelatin</p>	<p>Wednesday, Nov. 14 Thanksgiving Luncheon Roast Turkey/Gravy Sweet Potatoes Stuffing Romaine Salad w/ Dinner Roll Apple Crisp</p>	<p>Thursday, Nov. 15 Meatloaf Macaroni and Cheese Mixed Vegetables Garden Salad Whole Wheat Bread Fresh Orange</p>	<p>Friday, Nov. 16 Cr of Broccoli Soup Tuna Salad Sandwich Whole Wheat Bread Whole Wheat Bread LettuceTom Cucumber Fresh Apple</p>
<p>Monday, Nov. 19 Chicken Tomato Bake with Rotini Mixed Vegetables Cole Slaw Whole Wheat Bread Peaches</p>	<p>Tuesday, Nov. 20 Shepherd's Pie (beef,veg,mashed potato,gravy) Garden Salad Rye Bread Fresh Orange</p>	<p>Wednesday, Nov. 21 Baked Scrod Sweet Potatoes w/ Apples Stewed Tomatoes Tossed Salad WW Bread Fresh Fruit</p>	<p>Thursday Nov. 22 NO LUNCH</p>	<p>Friday, Nov. 23 NO LUNCH</p>
<p>Monday, Nov. 26 Hot Open Face Turkey Sandwich with Gravy On Whole Wheat Bread Mashed Potatoes Glazed Carrots Salad & Fresh Orange</p>	<p>Tuesday, Nov. 27 Honey Mustard Chicken Couscous Broccoli Tossed Salad Whole Wheat Bread Canned Peaches</p>	<p>Wednesday, Nov. 28 Beef Veg Potato Stew Cole Slaw Rye Bread Fruited Gelatin</p>	<p>Thursday, Nov. 29 Minestrone Soup Tuna Salad Sandwich On Whole Wheat Lettuce Tom Cucumber Cinnamon Applesauce</p>	<p>Friday, Nov. 30 Chicken Creole Over Brown Rice Kale Tossed Salad/ ChickPeas WW Bread Mixed Fruit</p>

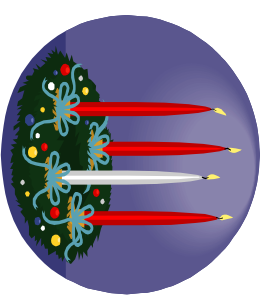
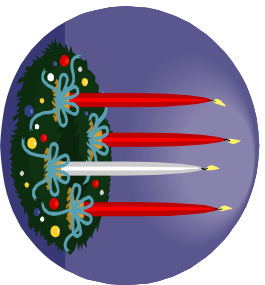
2007 Holiday Supper Club

Tuesday, November 27th
5:00 – 8:00 p.m.

Catered by the Rockville Senior Center Staff

Your menu will include:

Pork Roast with
Sauerkraut & apples
Salmon with Dill Sauce
Salad, choice of dressings
Mashed Potatoes & Gravy
Fresh Vegetables
Rolls & Butter
Choice of Beverages
Dessert



Entertainment: “The Carnation Players” and
Andrew Zatman on the Piano

Cost: \$18 per person

Registration Deadline: Tuesday, November 20th

2007 Holiday Supper Club

* * * * *

Name: _____

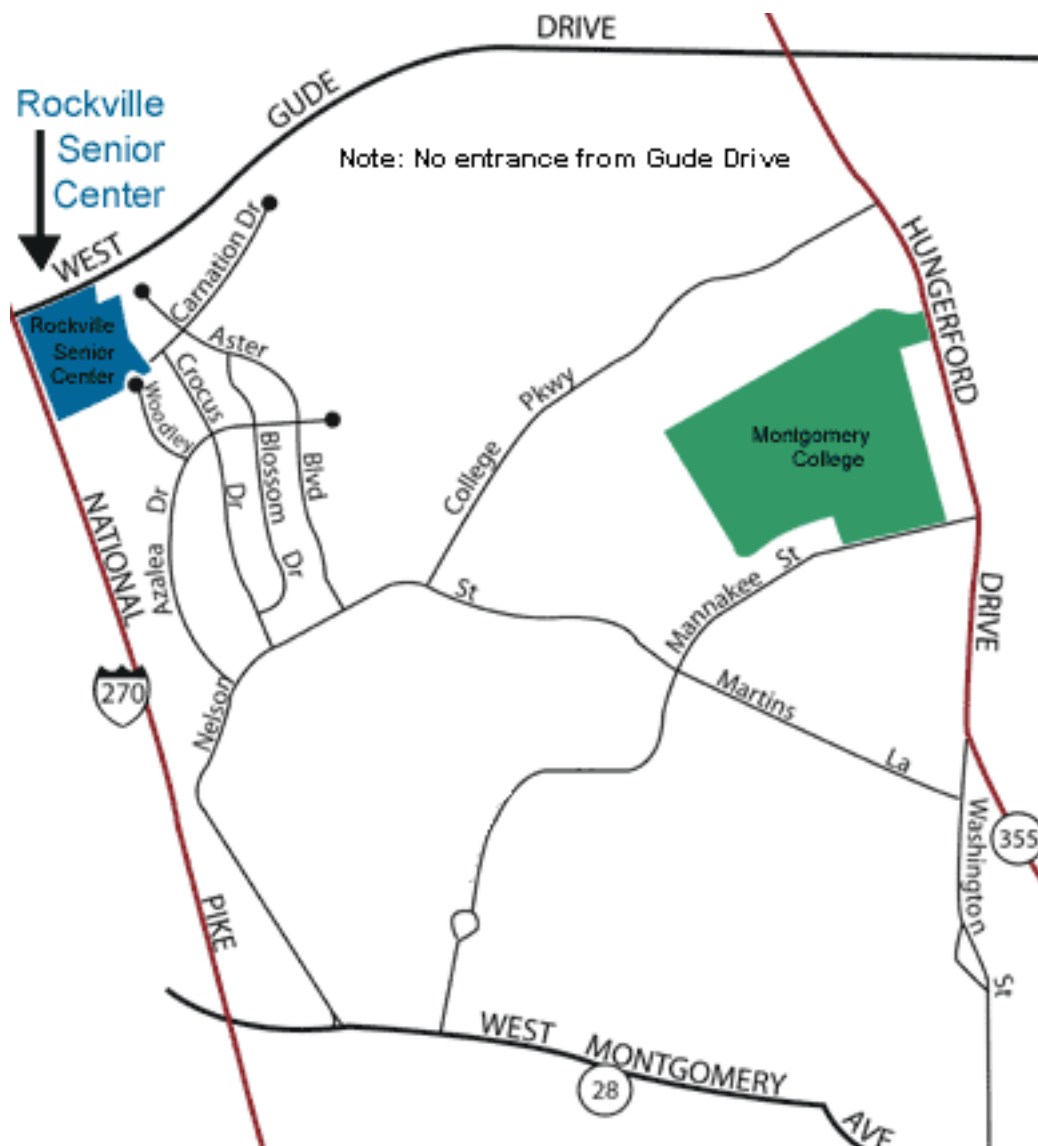
Address: _____

Transportation Required: _____ Yes _____ No

Payment Enclosed: _____



City of Rockville Senior Services Division
Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850



Directions: 240-314-5019
Information: 240-314-8800

MAYOR AND COUNCIL

Larry Giammo, Mayor
Robert E. Dorsey
Susan R. Hoffman
Phyllis Marcuccio
Anne M. Robbins

ROCKVILLE SENIORS, INC.

Board of Directors

President/Chairperson - George Galasso
Vice President - Ron Barber
Treasurer - Rusty Embrey
Ass't Treasurer - Betty Hughes
Recording Sec. - Vivian Dupuy
Corresponding Secretary - Betty Briscoe
Committee Chair - Betty Ball
Committee Chair - Mary Barber
Committee Chair - Lois Brown
Committee Chair - Rinn Shinn
Senior Commission Liaison - Kathy Neale

ROCKVILLE SENIOR CITIZENS COMMISSION

Chair: Ciriaco Gonzales
Commissioners:
Audrey Beck Doug Bly
Stuart Crump Katherine Foti
Steve Lipson Kathy Neale
Pete Sante Jonathan Triandafilou

DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director
Chuck Miller, Acting Supt. of Recreation
Steve Mader, Supt. of Parks and Facilities

SENIOR CENTER STAFF

Nick Aquino, Building Custodian
Mary Barber, Clerk
Janet Colwell, Clerk
Jackie Cristiano, Program Assistant
Keith Dennis, Building Custodian
Mary Fleisher, Wellness Coordinator
Jill Hall, Senior Center Supervisor
Mary Hebron, Snack Bar/Nutr. Aide
Andre' Hickman, Computer Lab Mgr.
Theodore Jackson, Bus Driver
Chris Klopfer, Sports and Fitness Sp.
Evelyn McRoy, Nutrition Site Mgr.
Karen Lumpkin, Sr. Recreation Coord.
Edward Lynn, Transportation Sup.
Angie Malone, Bus Driver
Martha McClelland, Outreach Worker
Melissa McKenna, Center Secretary
Miriam Minera, Outreach Worker
Dorothy Poole, Nutrition Aide
Nasr Rizkalla, Social Host
Karina Rodriguez, Reg. Specialist
Bette Sanders, Senior Services Sec.
Lorraine Schack, Sr. Soc. Services Co.
Dorothea Sipes, Bus Driver
Vicki Smith, Bus Driver
Shelley Stewart, Bus Driver
Zhao-Yong Sun, Outreach Worker
Ann Taylor, Nutrition Aide
Lillian Tyska, Clerk
Chris Veirs, Program Assistant
Margie Wheeler, Supper Club Mgr.
Gail Witte, Fitness Equip. Trainer

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

Mission Statement of the Recreation and Parks Department

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.